

MAKING BASIC SUSHI

Sushi Rice

Ingredients

Rice – 3 cups

Water – 3 cups

Rice vinegar – ¼ cup

Sugar – 4 tbsp

Salt – 1 tsp

Dried kelp

1. Wash rice until the water is almost clear (about 2 – 3 times.)
2. In a rice cooker, cook the rice, water and kelp together until it's done.
3. While waiting, combine rice vinegar, sugar and salt. Mix well until everything is dissolved. The mixture can be heated on stove for a minute or two to help with dissolving.
4. Once the rice is done, take out the kelp and transfer the rice in a pan and let it cool for about 10 – 20 minutes.
5. Pour sushi rice vinegar over the rice and fold the vinegar in. Slice/fold in the rice to separate the rice grains instead of mixing.
6. Keep the rice covered with a damp towel until ready to use

Futomaki, sushi roll

Ingredients:

Fillings – tuna, salmon, cucumbers

Sushi nori (seaweed wrap)

Bamboo mat

¼ cup of water

2 tbsp of rice vinegar

1. Combine water and vinegar in a bowl. Set aside.
2. Cut the fillings into strips.
3. Place the bamboo mat on the counter, shiny side down.
4. Align the nori on the mat.
5. Fill the rice onto nori. Leave about 2 inches on top.
6. Fill other fillings on top of the rice about 3 inches from the bottom.
7. Start rolling tightly. May use a little bit of vinegar at the edge of the nori to create a seal.
8. Wet the knife with the vinegar-water. May need to do this every 2 – 3 cuts. Slice the roll about 1 in wide.